

3 Ways EFT Tapping Heals Grief and Loss

Whether you've heard of EFT Tapping through the EFT Tapping World Summit, articles in Psychology Today, Glamour Magazine or on the web, you may be aware that there is a new therapeutic modality that relieves stress, stops the body's fight or flight response, and helps people bounce back from grief and trauma.

Hello, I'm Jamie Lee Silver, Clinically Certified and Accredited Emotional Freedom Techniques, Practitioner. Originally from Oak Park Illinois, I'm now living in the beautiful Valley of the Sun.

Five years ago, I experienced the unthinkable when my precious 22-year-old son Ben died by suicide after fighting a hard battle with Schizophrenia. Thank goodness, I discovered Emotional Freedom Techniques, EFT Tapping, during this difficult time. By working with a certified EFT Practitioner, I was able to release the hold of the tremendous grief, and guilt on my life. I found peace, happiness and my purpose of helping suicide and overdose loss survivors find peace and tools to navigate their new lives.

I'm grateful to Marianne Gourvais for giving me this opportunity to fulfill my mission and help you. As one of Eric's House's preferred referrals I offer a special rate to work with me, starting with a Free Mini-Tapping Tune-up.

What are the 3 Ways EFT Helps?

1. EFT makes you feel better immediately.

That's why I offer a Free Mini-Tapping-Tune-Up. I want you to get a glimpse of how it works. You will be amazed. And you'll get a new perspective. Recently I helped a woman who was feeling completely overwhelmed with her to-do list. Within ten minutes of my leading her through a round of tapping she was laughing and saying "I can't believe how different I feel! My to-do-list is no big deal! This really works!" We begin our work with the everyday emotions such as this example. As we work together we release more and more for deeper healing of grief and loss.

2. EFT Taps into your body's natural ability to calm itself.

EFT is body-based. During our sessions, I instruct you to use the tips of your fingers to gently tap on specific spots on your head and upper body as you tune into your emotions. This process sends signals to your nervous system that it can relax its hold on you, while your heavier emotions are lifted and replaced with lighter ones. Oftentimes, through EFT, grief changes to appreciation, and stress to serenity through your body's wisdom, not by changing your mind!

There are many studies proving the scientific effectiveness of EFT to impact the brain's response to stress. The VA has widely adopted EFT in treatments for PTSD. There are researchers world-wide proving the impact of EFT on brain waves and the physical symptoms of stress. If you're interested in the research you can click the link to The Science of Tapping articles at the end of this article.

As a suicide-loss-survivor, I know the agony of the "What ifs" and the "If onlys." And by working with a Clinically Certified Practitioner using EFT, I was able to loosen the grip of these thoughts, these emotions and the remembered moments. I want the same for you.

The renowned Dr. Joe Dispenza is a huge proponent of EFT. He says "When you **remove the emotion** from a memory (using EFT) you are left with the memory and a new perspective." In my case, EFT let me off the hook from the regret and guilt of not being able to protect my child. This is what I want for you, and why I became a skilled, certified and accredited in EFT.

3. EFT is a tool you can use yourself.

I teach the tools you need.

One of my clients was so sad about her Mom's death, that her eyes welled up from the moment we started our session. After a few rounds of tapping she was calmer, and explained to me she had a trip planned to fly up north to go through her Mom's home. She was panicked about it. In our sessions, we had her envision walking through the stages of her trip, from packing to getting on and off the plane. We tapped and released the emotions of each stage. .

And by the end of several sessions she could walk through the future trip in her mind's eye without panicking. When the day came, she called me from her Mom's house, "Jamie, thank you for everything! I tapped first thing when I

woke up today, and I was totally calm on the plane ride. I'm here in the house all alone without my sisters yet, and I'm happy. I am filled with joy and appreciation for my Mom, my sisters and my life. This trip is going to be a wonderful celebration of my Mom's life and my love for my family. Thank you soooo much!" *I want **you** to feel this joy.*

There is nothing more important than your mental health. Your wellbeing affects your health, and impacts all whom you love. Private sessions of EFT give you invaluable space to nurture yourself.

Together we will take the negative charge away from the past, present and future giving you true emotional freedom.

Please reach out to me and let's schedule a time to meet as soon as possible!

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Resources: www.thescienceoftapping.org